Affirmations On

Self-Care

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Aroma

I enjoy natural and energizing smells.

I utilize different types of smells to elevate my day.

I use incense, aromatherapy, and candles to relax.

I keep my environment free of clutter.

I surround myself with positive energy.

I am a light to myself and others.

My inner thoughts are wholesome and healthy.

My attitude is positive.

My mind is clear.

My life is enjoyable.

I am in tune with my body.

I am in tune with my senses.

I live my life on purpose.

I have a keen sense of self-awareness.

I am embodied with positive characteristics.

I have a heart filled with peace.

My actions are backed by intelligence and wisdom.

My life is a reflection of genuine beauty.

My inner beauty shines bright.

My life is precious.

Activity:

Light up some candles and incense today. Also, be sure to implement aromatherapy with essential oils. You can use the essential oils topically, or create an aroma-like-heaven by dropping some oils + water in a diffuser.

Boundaries

I implement boundaries with myself.

I maintain boundaries with others.

I am in tune with my holistic health.

I am in tune with my emotional responses.

I am comfortable saying, "No."

I am comfortable saying, "Yes."

I am balanced with my life and activities.

I am in control of my time.

My time is valuable to me.

I respect the time of others.

My assertiveness also conveys respectfulness.

My self-respect is off the charts.

Respecting others is natural for me.

Loving myself is a priority.

I avoid being unnecessarily "busy."

My priorities remain aligned.

I know how to recalibrate my life when not balanced.

I drive my life, not the opposite.

I am proactive, not reactive.

My daily life is a reflection of my true desires.

Activity:

1. When is the last time you implemented boundaries?

2. Are you comfortable using the word, "No"?

3. Would you describe yourself as assertive or a push-over?

4. How would you rate your boundaries today on a scale of 1-10 [1 being the lowest and 10 being the highest]?

5. How has your life been negatively affected by not incorporating boundaries?

6. How has your life been positively affected by implementing strong and consistent boundaries?

Breathe

Breathing is good for me.

So, I take moments to breathe throughout the day.

I breathe in and out slowly.

I am conscious of my breath.

I always come back to the breath.

Life is best lived in the present moment.

Staying in tune with the breath keeps me centered.

Maintaining awareness of my breath drops my stress.

I close my eyes and breathe [do this now].

I stay still and breathe [do this now].

Pausing to focus on my breathing is natural for me.

I am grateful for life.

I am thankful for my breath.

I love to breathe.

I listen to and admire my breath [do this now].

My breath is filled with gratitude, peace, and love.

I am centered.

I am embodied with tranquility and serenity.

I am loved.

I am filled with love.

Activity:

Complete the exercises throughout the [Breathe] affirmation set.

Charity

Giving is innate for me.

Giving is a vital action I consistently take.

I am a charitable person.

I LOVE giving.

I not only give to others, but I give to myself.

I am a balanced giver.

I expect nothing in return for my giving.

Thoughtfulness encapsulates my behaviors.

I give in monetary ways.

I give in non-monetary ways.

I understand that giving comes in all forms.

My charity is backed by genuine kindness.

My actions are benevolent.

My demeanor is an encouragement to others.

My life and actions are inspiring to others.

Giving always leads to having.

It is enjoyable being a hopeful light for others.

Giving is a beautiful art.

I am a beautiful art that loves to give.

My life is a beautiful piece of artwork.

Activity:

Give in both a tangible and intangible way today. Give in a monetary and non-monetary way today. Always give with boundaries. *Know* what you can afford to give to others: financially, emotionally, physically, mentally, and spiritually to keep yourself in a balance.

Cherish

I never wait to appreciate others.

I always take advantage of opportunities to love.

I let people know I cherish them *now*.

I am not a procrastinator. I am proactive.

I prioritize the special people in my circle.

I manage my relationships healthily.

I embrace healthy people.

Loving others is easy for me.

I choose to love the right people.

I learn from all things.

I grab wisdom by the neck and implement it speedily.

I do not wait to speak.

I speak up.

I use my voice.

I take care of myself.

I take care of others.

I cherish my health, body, and spirit.

I cherish life.

I know life can be gone in a moment.

I know life is only here, right now, at this very second.

Activity:

Take a moment to tell the people you care about, you love them [including yourself].

Emotional Health

I am emotionally well.

I am emotionally kind.

I am emotionally calm.

I am emotionally whole.

I am emotionally aware.

I am emotionally sound.

I am emotionally healed.

I am emotionally peaceful.

I am emotionally intelligent.

I am emotionally addicted to serenity.

I am emotionally attracted to healthy individuals.

I am emotionally forgiving to myself and others.

I am emotionally attracted to healthy opportunities.

I am in touch with myself.

I am kind to myself.

I am loving to myself.

I am loving to others.

I am wise with my heart.

I am thoughtful of the hearts of others.

I am emotionally healthy.

Activity:

1. How am I feeling today?
2. How would I describe this week?
3. How would I describe this year?
4. How would I describe my life?
5. How would I describe the state of my emotional health?

Escape

When I need to get away, I find a way to get away.

Escaping is healthy.

Leaving everything behind, temporarily, is *okay.*

Taking breaks from people is healthy.

Taking breaks from technology is healthy.

Taking breaks from work is healthy.

Taking breaks from routine is healthy.

I am comfortable escaping to rejuvenate myself.

Escaping doesn't have to be expensive.

I can escape affordably.

I get creative ideas with my getaways.

I am comfortable being with myself.

The time I spend alone is pleasurable.

I implement boundaries so I can have "me" time.

I ensure I make time to get away.

I will always take time for myself.

Living my best life requires being re-charged.

I enjoy my little and big getaways.

I enjoy my self-care time.

I escape consistently.

Activity:

If you haven't had a moment of alone time lately, take it today. Even if that time comes from taking a long and relaxing shower or a bath, take some time for *you.*

Financial Health

I am in tune with the money coming in and going out.

I spend less than I earn.

I invest consistently.

I am a conscious spender.

I make wise financial decisions.

I have a healthy relationship with money.

I have multiple sources of income.

I am responsible with my finances.

I am giving.

I never give into greed.

I educate myself on personal finance.

I am a habitual saver.

I always have money prepared for a rainy day.

I am thankful for all of the resources I have.

I am living in financial freedom.

I am blessed beyond measure.

I always have more than enough.

I live in abundance.

I am financially healthy.

I am financially savvy.

Activity:

Do you have a budget in place? If not, take care of your financial health by creating *and* implementing one starting today.

Do you spend more money than you earn? If so, why? Establish what you need to cut out [from your spending] today to start keeping more of your money.

Where does most of your money go? Does it make sense for the money to keep going there? Do you need to make adjustments?

What would you rate your financial health on a scale of 1-10 [with 10 being the highest]? Why did you rate yourself this score?

Are you comfortable with the topic of money? If so, why? If not, what could help you become comfy with the subject?

Fitness

My body is a temple.

My body is valuable.

I only have one body, so I must take care of it.

I train my body to be strong.

I enjoy the release of endorphins when I'm active.

I love training my body.

I aim to improve my physique continuously

I aim to improve my strength levels consistently.

I lead an active lifestyle.

I choose to be active, even if I do not feel like it.

Fitness is an area of importance to me.

I prioritize my physical health over lesser matters.

I am in-tune with my body.

I take care of myself physically.

I am motivated to invest in my physical health.

I educate myself on physical fitness.

I must take care of myself before I take care of others.

I balance my eating with my physical fitness.

I love my body.

I am thankful for the body I have been given.

Activity:

1. Am I underweight, a healthy weight, or overweight?

2. What does physical activity look like for me?

3. Does my body feel weak or strong?

4. How often do I engage in physical fitness?

5. Do I live a mostly active or mostly sedentary lifestyle?

6. What changes in my physical fitness routine do I need to implement [starting today]?

Friendship

I re-energize myself with friendship.

I surround myself with positive people.

My friends are productive in their lives.

I am a valuable asset to my friends.

My friends add value to my life.

I enjoy giving to my friends.

I consistently invest in my friendships.

Life is more beautiful, having friends to share it with.

I am an encouragement to my friends.

I choose my friends wisely.

I am careful about who I invest my time.

I understand the importance of friendship.

I do not depend on just myself in this life.

I have dependable friendships.

I can trust others.

I take time to develop trust within my friendships.

I take the time to appreciate my friendships.

I make it a habit not to take my friends for granted.

I am able to love others, as I love myself genuinely.

My life is beautiful because I share it with others.

Activity:

1. What does a healthy friendship look like to me?

2. How many reliable/close friendships do I have?

3. Am I a good friend to others?

4. Do I feel alone amid the friends I have now?

5. Who are the people in my life worthy of being called a friend?

Mental Health

I do not overly engage with other people's problems.

I ensure I maintain mental clarity.

My mind is clear.

My mind is sharp.

My mind is free.

My mind is light.

I feed my mind with positive thoughts.

I speak positive affirmations to myself [do this now].

I let go of people/things I cannot change [start today].

Mental health is consequential to me.

I prioritize my mental health.

I prioritize my sanity.

I take mental breaks throughout the day [start today].

I am free of codependence on others.

I am free of letting others mentally abuse me.

I value the mental health of others.

I take time to get away from all forms of media.

I experience mental peace daily.

I consistently take mental health days from work.

I have a beautiful mind.

Activity:

1. What does mental health mean to me?

2. How do I currently take care of my mental health?

Moment of Silence

I enjoy the quiet.

I am comfortable with the quiet.

I am taking a moment of silence today [do this now].

Taking a moment of silence helps to clear my mind.

Being still, in the quiet, is a form of self-care.

Pausing from daily life is healthy for me.

Pausing from daily life is energizing for me.

I am mentally clear after I take moments of silence.

I get out in nature and reflect [do this today].

I get outside regularly.

My soul is restored from the quiet.

My heart is healed from silent reflection.

I let go of all negative thoughts.

I am embodied with serenity.

I am untroubled by outward circumstances.

I accept people as they are.

I accept myself as I am today.

I have special places of quiet that I run to.

My home is a safe place for me [make it so].

I am an example of peace.

Activity:

1. When is the last time you took a moment of silence?

2. How often do you take a moment of silence?

Clear your mind, and take a moment of silence for two minutes. Make this a regular habit.

Nutrition

I realize optimal nutrition is essential to my self-care.

I am careful about what I put inside my body.

Health is about physical fitness and nutrition.

I eat overall a healthy and nutritious diet [start today].

I value my health, so I *choose* to eat healthily.

I take care of my body. I take care of my health.

Today, I choose my health.

I practice and implement self-discipline daily.

I am an inspiration to others to prioritize their health.

I make it my mission to live my best and healthy life.

I am healthy, and I am strong.

My body functions at optimal levels.

I feed my body the fuel it needs to run excellently.

I intake raw healthy greens consistently.

My body is always hydrated.

Water is good for me, and energizing for me.

I must eat well to take care of my entire well-being.

Proper nutrition improves my emotional health.

Proper nutrition improves my mental health.

Proper nutrition improves my physical health.

Activity:

1. What is my usual diet like?

2. What have I eaten today thus far?

3. What kind of foods do I enjoy eating most?

4. Are the foods I enjoy most, healthy and nutritious?

5. How would I rate my overall nutrition on a scale of 1-10 [with 10 being the healthiest]?

6. Have I educated myself on what healthy nutrition looks like?

Action Item: Make it a point to learn what healthy nutrition looks like from credible sources.

Organization

I am an organized individual.

I thrive in a clean environment.

I ensure my surroundings are uncluttered.

I ensure my surroundings are consistently cleaned.

I successfully manage my life.

I never let life manage me.

My life is easy to manage.

I am skilled at organizing and managing my time.

I embrace healthy change.

I implement life skills that help me live victoriously.

I am winning in my life.

I focus my efforts on things I can control.

I am always prepared.

I have 3-6 months of savings in my emergency fund.

My lifestyle does not cost more than my income.

I live within my means.

I avoid unnecessary debt.

I have more than enough.

I utilize organization tools when I need to.

I live an organized and efficiently managed lifestyle.

Activity:

Organize your life today. Get on track with your goals, daily tasks [responsibilities], and finances. You are in charge of your life, and you need to make it a point to manage your life. Never let your life handle you.

Pamper

I take care of my temple (my body).

I engage in physical self-care of my body.

I clean my outer body regularly.

I take the time to enjoy my showers/baths.

I enjoy simple things like brushing my teeth.

Washing my face is a meditative ritual for me.

I enjoy pampering myself.

I regularly invest in my self-care.

I never feel guilty when I take time to pamper myself.

My self-value is high.

My well-being is a top priority for me.

I pamper myself before I pamper others.

I never take my body for granted.

My life is enriched.

Pamper time is "me" time [take some today].

Relaxing with me, myself, and I is restorative.

My best life is now.

I do not wait on others to pamper me

I do not wait for others to take care of me.

I am in charge of taking care of me.

Activity:

Pamper yourself today.

Physical Health

I regularly get a physical at the doctors.

I regularly go to the dentist.

I regularly get blood work.

I regularly get health tests and the check-ups I need.

I do not fear the unknown.

I prefer to know the status of my health.

I do not ignore health signs.

I do not ignore my health (in other words, me).

I brush and floss my teeth daily.

I manage and control my sugar intake.

I manage and control my fast food intake.

I am an active participant in my physical health.

I am in control of what I do to improve my health.

I consistently manage my physical health.

I place a high value on my physical health.

I enjoy investing in my physical well-being.

I successfully manage my weight.

I eat only what I need.

I do not overeat.

I live a physically active lifestyle.

Activity:

Take one affirmative action for your physical health today.

Play

I am a fun person.

It feels good to have fun.

I enjoy having fun.

I enjoy watching others have fun.

I do not let life run me down.

I do not let life's problems discourage me.

My best life is being lived, here and now.

Pleasure is something I indulge in with balance.

My life is a healthy balance of work and play.

I do not restrict myself from having fun.

My life is a fun adventure.

My life is exciting.

I am a delightful person.

I have different hobbies.

I am always learning something new.

My mind is sharp.

My life is meaningful.

Fun is something I actively indulge in.

I never stray from having too much fun.

My living space is a playground for joy.

Activity:

1. When is the last time you did something fun?

2. How often do you engage in fun activities?

Do something fun today.

Priorities

My life is lived according to my priorities.

I know how to prioritize my life.

My priorities are in order.

I do not prioritize unimportant matters.

I do not prioritize people that shouldn't be prioritized.

My life is a reflection of what matters most to me.

What matters most to me, makes sense.

I do not invest in extraneous things.

My time is valuable to me.

I manage my time wisely.

I am careful of who and what I give my time to.

Time is not to be wasted.

My life is only here for a moment.

I take advantage of every second.

I am cherishing every moment of my life.

I prioritize the people I care about.

Things never trump people.

Goals never trump relationships.

I live to balance both work and relationships.

My life is a manifestation of my truth.

Activity:

List your life priorities in order of importance. Now execute.

Romantic Relationships

I stay aligned with my standards.

I never compromise who I am for a relationship.

I am happy with myself.

I am happy with others.

I am not dependent upon relationships.

I consistently look for opportunities to grow.

I point out the good in others.

I focus on the positive traits of others

I am receptive to the feedback of others.

I look for opportunities of gratitude.

I learn from the past.

I let go of the bad.

I embrace the good and acknowledge it.

My life is continually evolving for the better.

All of my relationships are blessed.

I am engaged in my relationships.

I actively do my part to improve my relationships.

I am self-disciplined.

I am loyal, honest, and determined.

I let go when life moves me in a new direction.

Activity:

Whether you are in or out of a romantic relationship, take time to learn what makes *you* happy. Take time to care for *yourself* today.

Relax

Relax today [take a moment to do this *today*].

I am breathing, relaxing, and loving *all* of myself.

I am taking a moment for myself today [do this now].

I am centered.

I am well-balanced.

I am content.

I am grateful for all of my life.

I speak words of gratitude daily.

My blood pressure consists of healthy numbers.

I am level-headed.

I am inner-directed.

I am filled with calmness.

My life is manageable.

I do not over-extend myself.

I tend to my needs and desires.

I wait for no one to tell me to relax.

I am actively involved in my self-care.

I am my number one priority.

My day is tranquil.

My life is a serene picture.

Activity:

Relax.

Self-Love

I love myself.

I love myself.

I love myself.

I love myself.

I love myself.

I love myself.

I love myself.

I love myself.

I love myself.

I love myself.

I love myself.

I love myself.

I love myself.

I love myself.

I love myself.

I love myself.

I love myself.

I love myself.

I love myself.

I love myself.

I love myself.

Activity:

Tell yourself the following daily: I love myself.

Sleep

Sleep is essential to my self-care regimen.

I take my sleep time seriously.

I do not sleep with the tv on.

I do not go to sleep angry.

I am a peaceful sleeper.

I sleep soundly.

I consistently wake up rested.

Sleep helps me re-charge.

Sleep helps me let go.

Sleep is essential to maintaining a positive outlook.

Sleep is a valuable time for me.

I do not let others interrupt my sleep.

I have healthy boundaries with my sleep.

I go to sleep at similar times each day.

I am thankful for the sleep I receive.

I enjoy sleeping.

But I do not sleep too much.

&, I allow myself to oversleep when I need more rest.

I never let work prevent me from getting rest.

I stay rested.

Activity:

Practice healthy boundaries with your sleep:

- Turn off the TV
- Turn off the lights
- Rest your mind and thoughts
- Let go of every negative thought and event
- Put your phone on silent

Note: When your phone is on silent, you can still set your phone to receive notifications from specific contacts (e.g., emergency contacts)

Spiritual Health

I fill my soul with positive energy.

I surround myself with restorative vibes.

I am spiritually healthy.

I am spiritually alive.

I am in tune with my spirituality.

I am self-aware.

I have a keen sense of discernment.

I am alive and well.

I am spiritually energized.

I have a positive attitude.

I am thankful to be alive.

I name five things I am grateful for daily [do this now].

I am in-tune with nature.

I take a moment to breathe, reflect, and be grateful.

I am consistently encouraging to myself and others.

I am an engaged giver.

My kindness illuminates from my actions.

I am empathetic.

I am in-tune with my body.

I recalibrate emotionally, mentally, and spiritually.

Activity:

Get in touch with nature today.

Stress

I avoid over-booking myself with responsibility.

I implement boundaries in my daily life.

I am free of stress.

I am relaxed.

My demeanor is calm and collected.

I think before I speak.

I am slow to anger.

It is challenging to ruffle my feathers.

I am proactive versus reactive.

I am in control of my decisions.

I am in control of how I respond to life.

I am the captain of my schedule.

I focus on doing things that bring joy to my life.

I take time to feel grateful throughout the day.

Every day offers me an opportunity to get it right.

I am in tune with my emotional and mental states.

I am sure to cut out me-time, daily.

When I feel stress, I recalibrate.

When I am overwhelmed, I put life on pause.

And, I take a moment to breathe [do this now].

Activity:

Practice breathing throughout today.

Stretch

I stay flexible and relaxed through daily stretching.

I keep my body strong through daily yoga movements.

When I am feeling stressed, I stretch.

Stretching is healthy for my body.

Stretching is a way to de-stress my body.

Stretching has positive physical and mental benefits.

I am aware of how my body feels at all times.

I keep my body hydrated.

I consistently intake copious fruits and vegetables.

Walking is a healthy habit I incorporate.

Eating healthy is a must for me.

My body stays loose and nimble.

I am learning several *new* de-stressing strategies.

I stretch before I go to bed [do this tonight].

When I stretch, I release any stress I am holding onto.

I take my time when I stretch.

How my body feels is a critical aspect of my self-care.

I take time to listen to my body [take the time now].

I find ways to stretch wherever I am.

I am one with my mind, body, and spirit.

Activity:

1. Stretch for 1 minute or more today.

2. Look up five new ways to de-stress.

Superfluous

I eliminate items from my life that no longer bring joy.

I am cautious about things that I bring into my life.

I am particular about the things I bring into my home.

I am cautious about people I bring into my life.

I am particular about people I bring into my home.

I have a minimalist spirit.

I do not collect items that add no value to my life.

I do not collect items that have no value to me.

I do not collect items out of fear.

I am a conscious spender.

I am mindful of the media I intake.

I am mindful of the food I intake.

My life is balanced or coming into balance.

I keep my surroundings free of clutter.

I keep my areas clean.

My things are easy to find because I am organized.

Every item I own has a designated place.

I spend time thinking about items before I buy them.

I am a saver first and a spender second.

I do not give into a superfluous lifestyle.

Activity:

1. Go through your home this week and rid yourself of all that you no longer need.

2. Go through your vehicle today and throw away things that have no designated place.

Ensure things are easy to find in all of your environments.

Each item you own should have a designated place.

Each item you own should bring some sort of positive emotion or have a clear purpose.

Time for Self

I take time daily to spend with me, myself, and I.

My time for myself is pleasurable.

I never feel guilty about spending time alone.

I never feel out of place for spending time alone.

I invest in myself consistently.

I take time to pamper myself.

I take time to make myself feel good.

I am continually learning new things about myself.

I am on a life journey of self-discovery.

What makes me happy [answer this now]?

My life is a reflection of healthy choices.

I choose to love myself daily.

I forgive myself for any poor decisions I make.

I maintain a strong sense of self-awareness.

I take me time when I need it.

I do not ask for permission to take care of me.

I never wait for others to take care of me.

I am proactive in my self-care journey.

I happily enjoy the time I spend with myself.

I prioritize time for myself.

Activity:

Carve out 30 minutes today to spend it with yourself.

Enjoy every second.

Walk

Walking brings me joy.

Walking brings me peace.

Walking brings me gratitude.

Walking brings me clarity.

Walking brings me answers.

Walking brings me healing.

Walking brings me forgiveness.

Walking helps me let go.

Walking helps me de-stress.

Walking helps me reflect.

Walking helps me stay mentally sharp.

Walking helps me stay physically healthy.

Walking helps me stay grounded.

Walking helps me maintain perspective.

Walking keeps me focused.

Walking keeps me energized.

Walking keeps my emotional state healthy.

Walking is powerful for me to incorporate.

Walking is something I consistently do.

I am a walker.

Activity:

Take a 10 to 30-minute walk today.

Wellness

My physical wellness is a priority for me.

My mental wellness is a priority for me.

My emotional wellness is a priority for me.

My spiritual wellness is a priority for me.

My sexual wellness is a priority for me.

My financial wellness is a priority for me.

My relational wellness is a priority for me.

My professional (career) wellness is a priority for me.

I prioritize my holistic wellness.

I put myself first.

I am actively engaged in my self-care.

I am proactive about taking care of myself.

I lead an active and physical lifestyle.

I eat healthy and nutritious foods.

My body is hydrated as often as possible.

I take moments throughout the day to breathe.

I take time to stretch daily.

I engage in a regular sleep schedule.

My life choices are up to me because I am a leader.

My wellness and self-care regimen will always be #1!

Activity:

How will you engage in holistic wellness today and going forward?

Remember to be consistent with your holistic wellness and self-care plan.

Work

I do not prioritize work over my health.

My health is my number one priority.

Investing in my self-care regimen trumps work.

I always ensure I get enough rest before I start work.

I engage in work that brings me joy.

I engage in work that adds value to my life.

I engage in work that is helpful to others.

I am passionate about the work I do.

I am grateful for all of the jobs I have held.

I ensure I do not sacrifice my values for my job.

I work with excellent people.

I am proactive if I am not content with my work/job.

I actively balance work and my self-care.

I encourage others at work to invest in their self-care.

I encourage others with positive affirmations.

My work is not stressful for me.

I go to sleep elated about a new day.

I work efficiently because I invest in self-care.

I work energetically because I invest in self-care.

My work is my passion.

Activity:

1. Do I enjoy my work?
2. Am I happy at my current job?
3. Am I content with my current income?
4. Do I need to make a career change?
5. What is my five to ten-year career plan?

365 Day Self-Care Journal

How Did I Take Care of Me Today?

How Did I Take Care of Me Today?

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